



**HIKE: WAKE UP AT THE SEASHORE** – Thursdays at 7am, listed dates only. 1 mile, 1 hour. Free. Join a ranger for a morning walk along a seashore beach. Beat the crowds and enjoy the rising sun and ocean breezes. Bring water, sunscreen, and bug spray. Location varies each week. Meet at the main bathhouse at each beach.

Nauset Light Beach, Eastham - July 2, July 30, and August 27

Marconi Beach, Wellfleet - July 9 and August 6

Head of the Meadow Beach, Truro - July 16 and August 13

Race Point Beach, Provincetown - July 23 and August 20

**SURFCASTING 101** – Thursdays at 7:30am. 1½ hours. \$20 (minimum age 12). Learn the basics of saltwater fishing and practice the skill, but don't expect to bring home supper! No fishing license required. Reserve at [www.recreation.gov](http://www.recreation.gov) (24 hours) or call 1-877-444-6777 (10am to midnight). Reservations required and accepted beginning at 10am one week in advance of the program date.

**YOGA ON THE BEACH – NAUSET LIGHT BEACH, EASTHAM** – Saturdays at 7:30am; no program August 22. 1¼ hours. \$11. Stretch the body and the spirit in the most serene of settings. Cape Cod National Seashore's Yoga on the Beach programs are a unique opportunity to join a ranger and certified yoga instructor for an interdisciplinary class geared to all levels. Held in the cool morning air at the edge of the sea, it's sure to deepen your experience in multiple ways. Meet in the parking lot at Nauset Light Beach, at the intersection of Ocean View Drive and Cable Road, Eastham. Also offered Tuesdays at 8:30 AM at Herring Cove Beach, Provincetown. Reserve at [www.recreation.gov](http://www.recreation.gov) (24 hours) or call 1-877-444-6777 (10am to midnight). Reservations required and accepted beginning at 10am one week in advance of the program date.

**HIKE: ROADS LESS TRAVELED - EASTHAM & WELLFLEET** – Thursdays at 9:30am; no program July 30. 3 hours, 3 to 6 miles. \$6. Wake up early and join a ranger for an energetic hike off the beaten path and into some unique and secluded places. This hike is paced for a cardiovascular workout and may be strenuous. Wear good walking shoes; bring water, sunscreen, a hat, and bug spray. Locations vary, visit [www.recreation.gov](http://www.recreation.gov) for details. Reserve at [www.recreation.gov](http://www.recreation.gov) (24 hours); search on Cape Cod National Seashore, tours and tickets; or call 1-877-444-6777 (10am to midnight). Reservations required and accepted beginning at 10am one week in advance of the program date. Destinations vary weekly and are listed at [www.recreation.gov](http://www.recreation.gov).

**CANOEING: SALT POND PADDLE** – Mondays, Tuesdays, and Fridays at 10am; Sundays, Mondays, and Saturdays at 2pm; no 2pm program on August 10. 1½ hours, 1½ miles. \$20 per adult, \$15 per child 16 and under (minimum age 6). Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh to explore its beauty and diversity. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, to register. No prior canoe experience required. All equipment is provided. You may have to wade and assist with moving equipment. Wear footwear (required) that can get wet.

**CANOEING: CANOE ADVENTURE** – Thursdays and Fridays in Eastham and Fridays in Provincetown, times vary; no programs July 30 and 31 in Eastham. Up to 3 hours, 3 miles. \$25 per adult, \$18 per child 16 and under (minimum age 6). Canoeing experience, including the ability to paddle in strong winds, mandatory. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, or Province Lands Visitor Center, 508-487-1256 for a list of program topics, details, and to register. Prior canoeing experience is mandatory. All equipment is provided. You may have to wade and assist with moving equipment. Wear footwear (required) that can get wet.



**YOGA ON THE BEACH – HERRING COVE, PROVINCETOWN** – Tuesdays at 8:30am. 1¼ hours. \$11. Stretch the body and the spirit in the most serene of settings. Cape Cod National Seashore's Yoga on the Beach programs are a unique opportunity to join a ranger and certified yoga instructor for an interdisciplinary class geared to all levels. Held in the cool morning air at the edge of the sea, it's sure to deepen your experience in multiple ways. Reserve at [www.recreation.gov](http://www.recreation.gov) (24 hours) or call 1-877-444-6777 (10am to midnight). Reservations required and accepted beginning at 10am one week in advance of the program date.

**BIKE TOUR: THE HISTORIC PROVINCE LANDS BICYCLE TRAIL** – Mondays at 9am. 2 hours, 5½ miles. Free. Join a ranger for a group ride along the challenging Province Lands Bicycle Trail, the first bike trail created in a national park. Learn about bicycling safety, enjoy dune and ocean views, and discover the fascinating history of the area. Bring your own bike and helmet (required). Meet at the bike rack in the parking lot at the Province Lands Visitor Center, 171 Race Point Road, Provincetown.

**PHOTOGRAPHY WALK: EXPLORING NATURE WITH YOUR CAMERA** – Wednesdays at 9am. 2 to 2½ hours, 2 to 3 miles. Free. Join a ranger to discover remote and visually stunning areas of Cape Cod National Seashore with your camera. Walk includes walking in loose sand, steep climbs and descents, as well as hot temperatures in open sun. Walking shoes (no sandals) and water are required to participate. Wear or bring long pants, sunscreen, and bug spray. Reservations required and accepted no more than one week in advance. Call Province Lands Visitor Center, 508-487-1256, to register.

*Sea Cliffs of Truro* - July 1, 29, and August 26 - Climb to the top of one of the highest points along the Cape Cod National Seashore, experience spectacular panoramic views, and explore the grasslands and heathlands.

*Marconi Heathlands of Wellfleet* - July 8, August 5 - Walk into the rare and dwindling environment of the heathlands with expansive views of the ocean.

*Snake Hills* - July 22, August 19 - Walk the dunes between Herring Cove Beach and Hatches Harbor in Provincetown.

*The Province Lands* - July 15, August 12 - Explore the sand dunes, grasslands, heathlands, and forest between Province Lands Visitor Center and Race Point Beach in Provincetown.

**OBSTACLE COURSE: CAPE COD NINJA WARRIOR** – Wednesdays at 10am. 1 hour. Free. In the spirit of the popular television show “American Ninja Warrior,” tackle our Race Point Beach “course.” Run, jump, carry, and problem-solve to best your time. Compare your athletic abilities to those of the U.S. Lifesaving Service (predecessor to the U.S. Coast Guard) and the skills of animals that live at the beach. Meet at the Province Lands Visitor Center, 171 Race Point Road, Provincetown, to caravan to the program location.

**HIKE: ART IN THE DUNES** – Wednesdays at 4pm. 3 hours, 2½ to 3 miles in loose sand. Free. On this long hike into the Province Lands dunes, view firsthand the quality of light, natural environment, and isolation that have long attracted artists and writers to Provincetown. You may meet an artist-in-residence at a dune shack. Reservations required and accepted no more than one week in advance. Call Province Lands Visitor Center, 508-487-1256, for meeting location and to register. Space is limited.

**HIKE: ROADS LESS TRAVELED - TRURO & PROVINCETOWN** – Wednesdays and Saturdays at 8am; no program July 22. 2 to 4 hours, 4 to 6 miles. \$6. Wake up early and join a ranger for an energetic hike off the beaten path and into some unique and secluded places. This hike is paced for a cardiovascular workout and may be strenuous. Wear good walking shoes; bring water, sunscreen, a hat, and bug spray. Locations vary, visit [www.recreation.gov](http://www.recreation.gov) for details. Reserve at [www.recreation.gov](http://www.recreation.gov) (24 hours) or call 1-877-444-6777 (10am to midnight).